

WHAT IS CLAIMED IS:

1. A light fixture comprising:
 - a cylindrical outer ring having a peripheral flange at one end and a threaded interior surface;
 - a cylindrical middle ring having a flange at one end and a threaded exterior surface adapted to be received and threadably engaged in said outer ring; and
 - a cylindrical inner ring including an exterior surface having a plurality of grooves formed therein, said grooves including stop surfaces and cooperating means on said middle ring for removably supporting said inner ring in said middle ring by engagement with said stop surfaces.
2. The light fixture according to Claim 1, further comprising a plurality of spring members secured to an exterior surface of said outer ring.
3. The light fixture according to Claim 2, wherein said plurality of spring members secure the light fixture in a ceiling support structure.
4. The light fixture according to Claim 1, wherein said middle ring has an internal diameter of sufficient size to allow the light fixture's components to pass through.
5. The light fixture according to Claim 4, wherein the components comprise a light bulb, electrical wiring, and ballast.
6. The light fixture according to Claim 1, wherein each of the plurality of grooves comprise a first vertical leg, a second vertical leg, and a horizontal leg connecting the first vertical leg to the second vertical leg.
7. The light fixture according to Claim 6, wherein the stop surfaces comprise

meeting points of the first vertical leg with the horizontal leg, of the second vertical leg with the horizontal leg, and an upper position of the second vertical leg.

8. The light fixture according to Claim 1, wherein the cooperating means comprise set screws mounted in said middle ring and engaged in said grooves.

9. A light fixture comprising:

a cylindrical outer ring having a peripheral flange at one end and a threaded interior surface,

wherein a plurality of spring members are secured to an exterior surface of said outer ring;

a cylindrical middle ring having a flange at one end and a threaded exterior surface adapted to be received and threadably engaged in said outer ring; and

a cylindrical inner ring including an exterior surface having a plurality of grooves formed therein, said grooves including stop surfaces and cooperating means on said middle ring for removably supporting said inner ring in said middle ring by engagement with said stop surfaces.

10. A light fixture comprising:

a cylindrical outer ring having a peripheral flange at one end and a threaded interior surface,

wherein a plurality of spring members are secured to an exterior surface of said outer ring;

a cylindrical middle ring having a flange at one end and a threaded exterior surface adapted to be received and threadably engaged in said outer ring; and

a cylindrical inner ring including an exterior surface having a plurality of grooves formed therein, said grooves including stop surfaces and cooperating means on said middle ring for removably supporting said inner ring in said middle ring by engagement with said stop surfaces,

wherein the cooperating means comprise set screws mounted in said middle ring and engaged in said grooves.